



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3
Pizza Bagel

4
Breakfast Bowl

5
Breakfast Burrito

6
Cinnamon Rolls

Blank separator row

9
Pancake on a Stick

10
Apple Frudel

11
Ultimate Breakfast Round

12
Pancakes w/Syrup

13
Banana Muffin Tops

Blank separator row

16
Tony's Breakfast Pizza

17
Pancake Bites

18
Biscuit & Gravy

19
NEW: Veggie & Cheese Frittata

20
French Toast Sticks

Blank separator row

23
Waffles w/Syrup

24
Ultimate Breakfast Round

25
Breakfast Crunch Wrap

26
BYO Oatmeal Bowl

27
Cinnamon Roll

Blank separator row

30
Cheese Omelet & Toast

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Offered Every Day:
Assorted Breakfast Sandwiches
Cold Cereal w/Crackers
Bagel & Cream Cheese
Fresh Fruit & Vegetables
Milk and 100% Fruit Juice

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Silverton Middle School

September 2019

Our menus are aligned with the USDA's Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

TWICE A WEEK:

Build Your Own Nachos



MONDAY

TUESDAY Fajita Chicken & Cheese Nachos w/Refried Beans

WEDNESDAY

THURSDAY Beef & Cheese Nachos

FRIDAY

Daily Special/Everyday

Hamburger or Cheeseburger

Hot Dogs



MONDAY Regular or Spicy Chicken Sandwich

TUESDAY Regular or Spicy Chicken Sandwich

WEDNESDAY Regular or Spicy Chicken Sandwich

THURSDAY Regular or Spicy Chicken Sandwich

FRIDAY Regular or Spicy Chicken Sandwich



Daily Special/Everyday

Variety Sub Sandwiches

MONDAY Chef Salad w/WG Roll

TUESDAY Spinach & Fruit Salad w/WG Roll

WEDNESDAY BYO: Sandwich Bar
Chicken Caesar Salad w/WG Roll

THURSDAY Taco Salad w/Chips

FRIDAY Garden Salad w/Roll



Offered Daily

Pepperoni or Cheese Pizza

MONDAY Sausage Pizza

TUESDAY Hawaiian Pizza

WEDNESDAY Supreme Pizza

THURSDAY Taco Pizza

FRIDAY Garlic Chicken Pizza



This Week's Feature:

Monday: 9/9 Tater Tot Casserole
9/16 Beef Tatchos
9/23 Bacon Fries
9/30 Chili & Chips
Friday: 9/6 Frito Burrito
9/1 Mac & Cheese
9/20 Cheeto Pizza
9/27 Nuclear Chick'n Burger

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Nutrition Information is available upon request.

